



# Pedalwheeling

Monthly Newsletter of the Quad Cities Bicycle Club — October 2012

## New bridge links two national trails



Nicholas Gambleton, left, and Katarina Strong, both of Davenport, cross the new Credit Island bridge.  
*Gary Krambeck, courtesy of The Dispatch/Argus*

### By Leon Lagerstam, courtesy of The Dispatch/Argus

A new \$1.8 million Credit Island bridge for bicyclists and pedestrians helps link two major national trails.

The American Discovery Trail stretches more than 6,800 miles from New York to San Francisco, crossing 15 states, while the Mississippi River Trail covers about 3,000 miles, from the headwaters in Itasca, Minn., to the Gulf of Mexico.

Since the Mississippi River flows east to west in the Quad-Cities, those two national recreational trails intersect here, said Glen Wazny, a senior engineer with the Davenport Public Works Department.

The bridge also connects a loop around Davenport, connecting the local Riverfront Recreational Trail to the Duck Creek Recreational Trail, said Ron Summers, of the Davenport Parks and Recreation Department.

Mr. Wazny said state funds are covering 80 percent of the cost of the 800-foot-long, 14-foot-wide bridge, which stretches over the Credit Island slough, known as Davenport Harbor.

Mr. Wazny and Mr. Summers expect the new bridge will get a lot of use. "People were chomping at the bit for it to open so they could ride it," Mr. Wazny said. "It's a great new amenity to Davenport."

Work started on the new bridge in December, and construction barricades were removed Aug. 31, he said.

Additional work done on Credit Island included construction of a berm around the historic lodge to keep periodic floodwaters out and renovations to the lodge itself, Mr. Summers said.

The kitchen was refurbished, and air conditioning was installed. The lodge can be rented for \$300 for eight hours by calling the parks and recreation department at (563) 328-7275.

For information about the national trails, visit [discoverytrail.org](http://discoverytrail.org) or [mississippirivertrail.org](http://mississippirivertrail.org). For information on Davenport parks and attractions, visit [cityofdavenportiowa.com](http://cityofdavenportiowa.com).

## Key Contacts

### Officers:

President - John Harrington (563) 940-6023 or [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com)

Vice president - Denise Duethman (309) 721-7276 or [neuromanager910@yahoo.com](mailto:neuromanager910@yahoo.com)

Recording Secretary - Deb Mathias (309) 787-6547 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com)

Treasurer - Darlene Moritz (563) 386-3499 or [dmoritz@access.net](mailto:dmoritz@access.net)

Quad Cities Bicycle Club  
P.O. Box 3575  
Davenport, IA 52808  
[www.qcbc.org](http://www.qcbc.org)

### Board Members:

Terry Burke (309) 797-3790

Laurel Darren (309) 230-2484

Doug McDonald (563) 332-6774

Kevin Kraft [kkbluenote1@gmail.com](mailto:kkbluenote1@gmail.com)

Michael Hughes (563) 332-5605

Donnie Miller (309) 737-8270

Don Collins (563) 340-3476

Don Luth (563) 381-3750

Dave Thompson (309) 764-5030

**Key Contacts:** A complete listing of committee chairmen and key contacts is available on the club's website and in the front of the hard copy ride schedule and membership directory booklet.

**Mission Statement:** To promote, encourage, and support the safe participation in bicycle riding of all ages and abilities; to anticipate and address the needs and interests of all aspects of bicycling in the Quad Cities area.

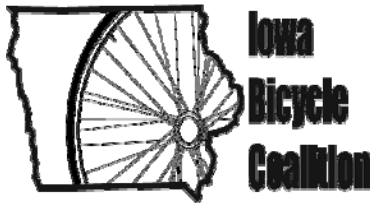
**Club Meetings:** Are held twice a year at 7 p.m. the third Tuesday of March and October at Rivermont Collegiate, 1821 Sunset Drive, Bettendorf, IA. (3 blocks north of K & K Hardware). Contact Denise Duethman for program information: (309) 721-7276

**Submitting Articles for Newsletter:** Deadline is the 15th of the month. Please limit your article to 1 page in length. Email to Jackie Chesser at [qbceditor@yahoo.com](mailto:qbceditor@yahoo.com) Free want ads are available for members. **Commercial ads are available at the following rates:** ¼ page or less - \$25, ½ page - \$50, and a full page - \$100.

**Major Activities of the Club Include:** Tailwind Century in Spring and Fall, Spring Picnic, QC Criterium Bike Races on Memorial Day, Tour of the Mississippi River (TOMRV) in June, charter bus service on RAGBRAI in July, Du-State-Du Duathlon in August, Heartland Century in September and our Annual Dinner in November.

**Benefits of Being a Club Member Include:** 12 issues of Pedalwheeling per year, annual membership Directory booklet, 10 percent discount at QC area bike shops, and discounts on TOMRV and Heartland Century registration fees.

### Affiliated With:



[www.iowabicyclecoalition.org](http://www.iowabicyclecoalition.org)



[www.bikeleague.org](http://www.bikeleague.org)



[www.bikelib.org](http://www.bikelib.org)

## Last call for first time century riders.

Information about the first-time Century Awards got out late this year. If you have done your first century this year please e-mail Vivian Norton at [vjoan@q.com](mailto:vjoan@q.com) or call (563) 508-1323 with your information.

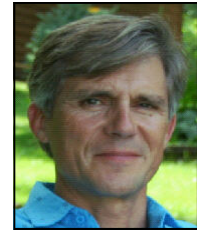
We all remember our first century, and QCBC wants to recognize all of you who have made that goal.

Awards will be given out at the annual dinner in November.



## Let's Ride!

John Harrington, QCBC president



The arm warmers have seen the light of day!

**Awards dinner.** Great news! The speaker at our Friday, Nov. 2, awards dinner will be Christian Vande Velde, a 15-year professional bicycle racer currently with Team Garmin-Sharp. He has competed in 10 Tour de France races, placing fourth in 2008. He celebrated a career highlight this year by winning the 2012 USA Pro Cycling Challenge in Colorado.

Be sure to join us for this special night, which begins with a social hours and cash bar from 6 to 7 p.m., followed by dinner at 7 p.m. in the Rogalski Center at St. Ambrose University, 2100 N. Ripley St., Davenport, Ia.

There will be door prizes, and local bike shops will have displays of their newest bikes and cycling items. Check QCBC.org for mail-in and on-line registration information.

Mileage award recipients should contact Dave Thompson at [ul-trabiker@sbcglobal.net](mailto:ul-trabiker@sbcglobal.net) to be recognized for your accomplishments.

Those who rode their first century this year should contact Vivian Norton at [vjoan@q.com](mailto:vjoan@q.com).

**Bulletin Board.** Please contact me at [jwhjkh@gmail.com](mailto:jwhjkh@gmail.com) if you'd like to update the QCBC Bulletin Board at Eastern Avenue Park on a monthly basis.



## September in QCBC bicycling history

**By Joe Jamison**

### **Bicycling trivia:**

Chamois butter, the salve that comes in that white tube, was introduced to the market in 1990, much to the relief of many a chafed bum. But did you know what cyclists used before 1990 to soften the true chamois (originally the skin of the Chamois goat) that was stiff and brittle without softening? Would you believe; lard, olive oil and even to this day...bag balm!

### **QCBC events from the past:**

**1982:** Bettendorf becomes the first Midwest city to equip public transit buses with bicycle racks. These racks could hold four bikes and cyclists were not charged beyond the regular fee for bus ridership. Also, development of Dubuque's Heritage Trail is initiated.

**1992:** QCBC member Jeff Bradley takes the overall championship at the 1992 Du-State-Du competition with a time of 1:01:24. The "Du" consists of a two-mile run followed by a 16-mile bike challenge followed by another two-mile run.

**2002:** U.S. Postal cyclist Robbie Ventura wins his fourth Quad Cities Criterium and writes an article describing it for "Chicago Athlete" magazine. Terry Burke solicits Ventura's agreement for the article to be published in our newsletter.

**For October in QCBC cycling history, see page 5**



## Pushing for Pedaling

Promoting bicycling advocacy

By *Chuck Oestreich*

You can bike travel all over; see wonderful sights; have great experiences. On the other hand, what about right here?

Have you taken off from the Quad-Cities in any of the cardinal directions on day trips of satisfying length? We are in the midst of a splendid variety of topography and geography, culture and agriculture, history and her-story. Why not start from home and see what the perimeter of the Quad-Cities has to offer?

Here are a few examples, each about 60 miles long. That's enough to bike out about 30 miles, find a nice place for lunch, and then return on a different route for another 30. All the mileages are figured from where the Government Bridge meets the Rock Island path. If that mileage is too much for you, drive to the outskirts and then go for a satisfactory 30-mile bike ride.

**North:** About 30 miles out from downtown Davenport lies Dewitt. Another interesting destination is tiny Follets, north of Bettendorf and on the Wapsipinicon River. And five miles east on splendid F33 is McClausland with a couple of places for food and drink.

Going north out of Davenport/Bettendorf, however, can be daunting. Try using the Mississippi River path and newly improved Valley Drive to Wells Fargo Road, which cuts north through some of the best eastern Iowa farmland. After McClausland, going south on Z16 is not fancy, but it's still fun.

An alternative route north of Davenport has DeWitt as a destination and then a nice ride back on Y52 to Pine Street and the Duck Creek Path.

**South:** Crossing the Rock River is troublesome on a bike. Of the six bridges, only one is half way decent for bicycles. That's the Ill. 84 bridge between Carbon Cliff and Colona. You can use the 27th Street, Moline, bridge, but it dumps you on US 6 – not a friendly road.

If you persist, Carbon Cliff's 1st Street is a good way to go south out of the QC area. Then you can connect to some county roads or use US 150. This has a narrow, but useable, shoulder at least to Orion.

Country roads then can take you to the half way point - Andover and lunch at the Andover Cafe. Returning to the Quad-Cities is a breeze. Go north from Andover on Osco Road for a 16-mile straight through all the way to the Hennepin Canal Trail. Osco Road travels through flat, classic, Illinois prairie – not pretty, but it's a great way to put some pedaling miles on your bike.

**East:** Ah, Geneseo, almost exactly 30 miles from the start. Head out to Colona and then take the Hennepin Canal path east, ending at the park on Geneseo's Chicago Street. Don't miss the classic downtown and its lunch possibilities. The path is showing its age and is a little rough in spots, but it's still an historic and scenic wonder. Going out and back, don't fail to use the short length of Canal Road.

You can head back home using county roads that parallel the trail if you want hard surface under your wheels. Take Poppy Garden Road from the old lock at CR13 for a nice ride to Colona.

**West:** Muscatine is the destination. Take Highway 22 (don't laugh - the river to the left; uplands to the right, quarries both empty and water filled, etc.) to Wildcat Den and then New Era Road, where you'd be hard pressed to find a better eight miles of vistas, stretched out ups and downs, smooth pavement, and minimal traffic.

Unfortunately, it ends at Hwy 61 and Solomon Road, fairly close to Muscatine. Don't do 61, and Solomon has a mile of nasty gravel. What to do? Go back two miles to Sweetland Road, take it south to IA 22 and then go into Muscatine.

Or better yet, pack a picnic lunch and head back to Wildcat Den for some food and a nice stroll.

Returning from Muscatine on the Illinois side, using highways 92 and 192 is pleasant riding, but it's prairie riding not bluff land. It's great for farming, but as flat as the eye can see. At the end you hit Andalusia Road in Milan and then have to cross the Milan bridge over the Rock River. Both are very unfriendly for bicyclists. I don't recommend either.

**Conclusions:** North – Follets or Dewitt; South – Osco Road back and forth; East – The Hennepin Canal Trail to Geneseo; and West – New Era Road back and forth.

In any direction get out and enjoy our countryside without even getting into a car.

# October in QCBC bicycling history

By Joe Jamison

## Bicycling trivia:

Cycling tourists began using derailleurs as early as 1910, but the French wouldn't allow professional racers to use them in races for another 20. Maybe if they had been required to ride up Chestnut Mountain, as in the early years of TOMRV, it wouldn't have taken that long.... You think?

## QCBC events from the past:

**1982:** Linda Powers is elected president of the QCBC. She is the second woman to serve the office since the inception of the club.

**1992:** Chuck Oestreich reported on his ascent of the legendary "Going to the Sun Highway" in Glacier National Park

**2002:** Carter Lebeau assigned Doug Nelson the task of reporting on the 18th Official Tailwind which saw Lebeau, Nelson, Dean Arney, John Keane and Harold Reuter wrap up seven days of adventure on the road in Grand Rapids, MI.

Vern Gielow, the father of the Great River Trail (Sunset Park: Rock Island to Savanna, Ill.) passed away on Oct. 21, 2002. A man who never rode a bike spent several years of his life championing his vision of the trail.

## Join Deb and Dean for October Fall Foliage Ride

### By Deb and Dean Mathias

Make plans to join Deb and Dean Mathias and others for the 2012 QCBC Fall Foliage Ride in Mt. Horeb, Wisconsin Oct. 13 and 14. The Mathias' will drive to Mount Horeb Friday evening, Oct. 12.

Saturday's 50 to 60 mile ride starts at 9 a.m. from the Military Ridge State Park Trail parking lot. Sunday's 40 to 50-mile ride starts at 8 a.m. from the same location. The distance from Davenport to Mt. Horeb is 140 miles, close enough to drive up and back the same day for those who want to ride just one day.

Mt. Horeb (<http://trollway.com/>) is known for life-size trolls carved into tree trunks scattered along its main street. Visitors can take a leisurely "[Troll Stroll](#)" to seek out these unique characters.

A cycling route on quiet country roads promises more than a few hills both days, although options with less challenging hills will be available. The destination is a different town each day with lunch before the return ride on different roads.

The Military Ridge Bike Trail (crushed limestone) is an option for cyclists who prefer flat terrain. The trail runs west to Governor Dodge State Park and east to Verona, just outside of Madison. A trail pass is required.

Contact Deb or Dean Mathias at (309) 737-8429 or [mathiasdebdean@peoplepc.com](mailto:mathiasdebdean@peoplepc.com) if you plan to join the ride and/or a scrumptious Italian dinner Saturday night, so we know how many people to expect. People not riding are welcome to attend the dinner.

Riders must make their own room reservations. A room at the Karakahl Country Inn ([www.karakahl.com](http://www.karakahl.com)) is \$59.95. The area can be busy at this time of year so reserve early. Call (888) 621-1884 or (608) 437-5545.

Rooms also are available at the Village Inn Hotel ([www.littlebedder.com](http://www.littlebedder.com)), adjacent to the Military Ridge Bike Trail. Call (608) 437-3350. Check the Mt. Horeb website if you're interested in a bed and breakfast.

For camping, there's 112-acre Brigham Park, seven miles west of Mt. Horeb, with a spectacular view, or Blue Mounds State Park about 10 miles west of Mt. Horeb. For information, call (608) 437-5711 or (888) 947-2757.

Bring non-cycling family members to enjoy points of interest in or near Mt. Horeb, including the Troll Walk, Military Ridge Bike Trail, Blue Mounds State Park, Brigham Park, Stewart Park, Little Norway ([www.littlenorway.com](http://www.littlenorway.com)) and Cave of the Mounds (608-437-3038).

## Annual chili ride scheduled for Oct. 20

This year's Chili Ride will be held Saturday, Oct. 20, and will start and end at Bettendorf's Middle Park Lagoon shelter. All rides will start at 9 a.m. The club will provide chili, drinks and cookies at noon. Cost is \$7. If you plan to ride, please sign up at Get Me Registered after Sept. 15. For more information, contact Don Luth at [bluth429@msn.com](mailto:bluth429@msn.com)

## Send a QCBC member profile

Get to know other QCBC members better. Send us a Q&A profile of your, or another club member, along with a mug shot, and we'll run them in Pedalwheeling when space is available. Send them to [qbceditor@yahoo.com](mailto:qbceditor@yahoo.com).

Here are some suggested questions:

1. Name:
2. Age:
3. Family:
4. Employed where:
5. Town and state where you live now:
6. What do you remember about your first bike:
7. What do you ride now:
8. Favorite type of cycling:
9. What's your favorite ride:
10. Have you had any unusual rides or something unusual happen during a ride:
11. What was your longest ride:
12. What is your most memorable ride:
13. What is your dream ride:
14. What's one thing few people know about you:



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Dr. Smith Answers Your Foot Pain Questions. **What is Metatarsalgia?**



The ball of your foot is where metatarsal bones end and toe bones begin. Sometimes, the pressure from tight shoes or high heels causes pain and inflammation, which is called metatarsalgia. The pressure on the base of your foot can also cause calluses to form.

"Shoes with very sleek and narrow construction often provide very little cushion and support for the foot," explains Dr. Smith. "The ball of the foot may become red and swollen and calluses can form on the bottom of your feet, making it painful to walk."

To sidestep this pain, wear shoes that aren't too tight across the ball of the foot. Look for thick padding in the soles. And if you experience pain and swelling in your feet, have them examined as soon as possible.

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# Riding DALMAC well worth the drive

By Kathy Storm

DALMAC is a multiple-ride with multiple route options, hosted by the Tri-County Bicycle Association based in Lansing, Mich. In late August, I participated in the 4 Day West route, which featured two of 70 to 71 miles and two of 91 miles; for a total of 232 miles.

Overnight stops were Vestaburg, Lake City and Boyne City. Overall, the route is south to north and our winds were mostly from the south and west this year.

Breakfast and dinner were provided at the high schools and are included in the \$195 registration fee.

The TCBA also had several SAG drivers along the route with water and bananas. Access to port-a-

toilets, showers, camping areas and food was very good.

Each day, there were usually two to three civic organizations along the route where we could buy baked goods or lunch.

The terrain started off pretty flat on Day 1, providing a nice warm up. Days 2, 3 and 4 featured rolling hills with a “wall route” option at mile 80 on Day 3.

I rode the alternate route and enjoyed the nice views over a rolling route. Many of the towns we rode through on Days 3 and 4 were along Lakes (Missaukee, Torch, Bellaire, Charlevoix) and finally Lake Michigan. The end of Day 4 also included a 20-plus-mile ride through the “Tunnel of Trees”.

DALMAC was started in 1971 by former state Rep. Dick Allen of Ithaca, Mich. as a camping bicycle tour; which makes it older than RAGBRAI. The objectives of DALMAC are to develop an awareness of bicyclists and their needs, to promote bicycling as a healthy means of transportation and recreation, and to encourage wider use of bicycles. DALMAC is staffed only by volunteer members of the Tri-County Bicycle Association (TCBA).

DALMAC limits the number of participants to about 2,300. These riders are spread out over five routes, and each route has its own “overnight town.” It isn’t until the last 20 miles on the final day that you begin to see the routes coming together as we all head into Mackinaw City. There also is an option to ride across the Mackinaw Bridge and end in Sault Ste. Marie in the Upper Peninsula.

The weather was unseasonably warm and dry this year, which added to a good first year experience for me. The routes are well marked with pavement markings and the rider booklet is phenomenal, with color-coded maps and separate cue sheets.

The maps include the locations of restrooms, swimming options (lakes and rivers), quick mart stores, bike-friendly restaurants, railroad tracks and the overnight schools. Also included are “SAG Cut Off Times”; these indicate what time you should be through a certain mile mark to finish the day’s ride by 5 p.m.

I would definitely recommend this ride to others. From the Quad-Cities, it’s a 370-mile drive to Lansing with packet pickup at Michigan State University. Once you reach Mackinaw City at the end of the ride, the drive back home is 560 miles.

An optional rider return bus to Lansing is offered on the last day. Many thanks to Duane and Margaret Haas and Lynne Groskurth for talking up this ride over the past 20 years.



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## Pedalwheeling • October 2012

The ride schedule was accurate at the time we published the newsletter.

Some rides may not have been submitted in time.

The QCBC website <http://qcbc.org/rides/> will have the most up-to-date schedule.

### October 2012—Ride Schedule

Oct 03	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Oct 04	Thu-nightride	Thursday night ride- stays primarily on bike trails. Headlights/tail lights required, mountain or hybrid bikes recommended.	20-25 miles	6:30PM	Duck Creek Parkway at Eastern Avenue	Bill & Kathy Storm 563-355-2564
Oct 06	Mid-paced	Saturday morning ride- Ride to Blue Grass for breakfast at American Legion hall.	40 mi 14-16 mph avg	9:00AM	Emeis Park golf course parking lot- Davenport	TBD
Oct 07	Mid-paced	Sunday morning ride- Albany for breakfast. Take rural roads to Albany, ride the bike path back.	40-45 mi 14-16 mph avg	9:00AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Phil Chebuhar 563-459-7993
Oct 10	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Oct 11	Thu-nightride	Thursday night ride- stays primarily on bike trails. Headlights/tail lights required, mountain or hybrid bikes recommended.	20-25 miles	6:30PM	Duck Creek Parkway at Eastern Avenue	Bill & Kathy Storm 563-355-2564
Oct 13	Mid-paced	Saturday morning ride- DTs surpriseOroute will be determined by wind direction.	40-45 mi 14-16 mph avg	9:00AM	East end of Ben Butterworth Pkwy, Old River Dr. and 55th St., Moline, IL	Dave Thompson 309-764-5030
Oct 14	Mid-paced	Sunday morning ride- Riders ChoiceOroute determined by participants	TBD 14-16 mph avg	9:00AM	Duck Creek Parkway at Eastern Avenue	Riders Choice
Oct 17	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Oct 18	Thu-nightride	Thursday night ride- stays primarily on bike trails. Headlights/tail lights required, mountain or hybrid bikes recommended.	20-25 miles	6:30PM	Duck Creek Parkway at Eastern Avenue	Bill & Kathy Storm 563-355-2564
Oct 20	Mid-paced	Saturday morning ride- Chili RideOput in some miles before returning for the annual chill picnic.	40-45 mi 14-16 mph avg	9:00AM	Middle Park Lagoon- Bettendorf	Phil Schubbe 563-359-5057
Oct 21	Mid-paced	Sunday morning ride- Riders ChoiceOroute determined by participants	TBD 14-16 mph avg	9:00AM	Rock Island Library SW-9010 Ridgewood Road	Riders Choice
Oct 24	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499



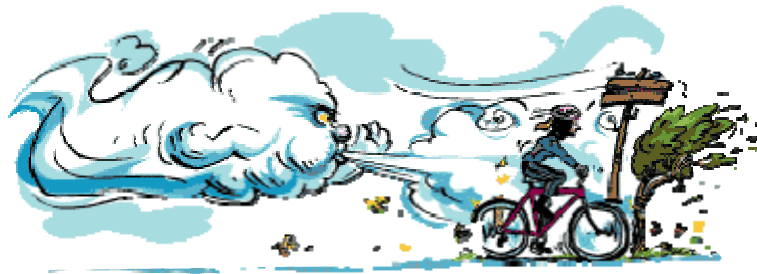
The ride schedule was accurate at the time we published the newsletter.

Some rides may not have been submitted in time.

The QCBC website <http://qcbc.org/rides/> will have the most up-to-date schedule.

## October 2012—Ride Schedule

Oct 25	Thu-nightride	Thursday night ride- stays primarily on bike trails. Headlights/tail lights required, mountain or hybrid bikes recommended.	20-25 miles	6:30PM	Duck Creek Parkway at Eastern Avenue	Bill & Kathy Storm 563-355-2564
Oct 27	Mid-paced	Saturday morning ride- Reynolds / Sherrard runOgood mix of terrain.	40-45 mi 14-16 mph avg	9:00AM	Milan Civic Center / Camden Park, Milan, IL	Mike Terry 309-738-3409
Oct 28	Mid-paced	Sunday morning ride- De Witt for pancakes at American Legion Hall.	40-45 mi 14-16 mph avg	9:00AM	North Scott High School-Eldridge	Dean Arney 563-355-1282
Oct 31	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00AM	Hardee's, 425 55th St. Moline	Darlene Moritz 563-386-3499
Nov 07	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499
Nov 14	Wed-morning	Wednesday Morning Combined ride, riders determine the distance, pace, includes breakfast stop	25+ miles	9:00AM	HyVee- Kimberly Rd/Spring Street, Davenport	Darlene Moritz 563-386-3499



## 2012 Fall Tailwind Century

The Fall Tailwind Century will be held Saturday, Oct. 6. We'll start loading bikes at the Ben Butterworth Parkway at 6:30 a.m. and leave at 7 a.m. for our starting destination. There will be one bus, with a limit of about 45 people, but we'll add another bus if there is enough interest.

The drive normally takes about two hours. Please bring a blanket to protect your bike on the truck. Once there, we'll unload the bikes, hand our cue sheets and send you on your way. We'll have a secure area (probably a locked trailer) for any gear you don't want to haul back on your bike. There will be a basic sag stop about 50 to 60 miles into the ride, with water, Gatorade, sub sandwiches and other goodies.

Every route has plenty of small towns with services along the way if you need a full lunch. The entry fee is \$30. If you are planning on riding, please sign up at Get Me Registered after Sept. 1. The Tailwind Committee is comprised of Dave Thompson, Janette Harrington and Don Luth.

## New members

<b>NewMember</b>	<b>CityState</b>	<b>Phone</b>
Archer, Christopher	Davenport, IA	day 563-209-8464
Brewer, Claudia	Moline, IL	day 563-508-1674
Connell, Mary Pat	Clinton, IA	day 563-559-0498 eve 563-243-7228
Garrard, James , & Lori	Donahue, IA	day 563-843-2899 eve 563-320-4736
Hayek, Sean	Davenport, IA	day 563-265-4790 eve 563-265-4790
Huisman, Vikki , & Rick	Milan, IL	309-721-0396
Laake, Diane	Lynn Center, IL	563-340-0735
Mangano Sr, Larry , & Nora	Fishers, IN	day 317-714-1565 eve 317-579-9208
Pealstrom, Frank	Moline, IL	day 563-676-8249 eve 309-756-2350
Rettler, Renee M , & Kevin	Menasha, WI	day 920-750-9046 eve 920-832-9082
Stearns, Kenneth , & Mary	Milan, IL	309-738-2887

## QCBC Membership Totals

<b>Membership type</b>	<b># of memberships</b>	<b># of members</b>
<b>Comp</b>	<b>12</b>	<b>12</b>
<b>Couple</b>	<b>219</b>	<b>438</b>
<b>Family</b>	<b>129</b>	<b>417</b>
<b>Ind.</b>	<b>367</b>	<b>367</b>
<b>Life</b>	<b>3</b>	<b>5</b>
<b>Grand total</b>	<b>730</b>	<b>1,244</b>

## Mileage totals for 2010

**By David Thompson**

Once again I will be compiling the total miles ridden for 2012 and printing them in the February Pedalwheeling. Compile your miles ridden on a bicycle between Jan. 1 and Dec. 31 and send them to me. I'd also like the number of centuries you rode in 2012, plus your lifetime miles. I think it would be interesting to compare lifetime miles. Please submit your total 2012 miles by Jan. Send them anytime you think you're done riding for the year to [ul-trabiker@sbcglobal.net](mailto:ul-trabiker@sbcglobal.net), or leave a message at (309)764-5030.

## QCBC Adopt-a-Highway set for Sept. 30

Help beautify Scott County. The fall Adopt-a-Highway trash pickup will be held at 4:30 p.m. Sunday, Sept. 30th. For several years, the club has helped maintain a two-mile stretch of Scott County Park Road (Hwy. 956). Meet in the gravel parking lot west of the soccer fields near the intersection of F55 & 956. Please wear sturdy shoes, long pants and gloves. Volunteers will be rewarded with pizza afterward. The rain date is Sunday, Oct. 7. For more information, call Ken Urban at (563) 343-9118

### Quad Cities Bicycle Club Membership Application

(Please print legibly using only **BLACK** ink. Fill in all blanks.)

New Application                                              Membership Type    Individual \$20/Year    Couple \$20/Year  
 Renewal Application                                               Family \$20/Year    Sponsor \$40/Year  
Date of Application (mm/dd/year) \_\_\_\_\_ Gender M/F   Applicant Birthdate (mm/dd/year) \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
(Including Area Code)                                              (Please carefully print current e-mail address)

**Please Note!** The QCBC normally publishes the name, city, state and telephone number for new members in the newsletter and our Membership Directory (e-mail address also included). We have found that this encourages existing members to welcome new members into the club. If you prefer that this info not be listed in the hard copy and online copy of the newsletter, and the Member Directory, please indicate here:

**NO** I do not want my info in the hard copy & on-line version of the newsletter       **NO** I do not want my info in the Member Directory  
Members normally get e-mail notification when the monthly newsletter is available on the web site.

If you prefer your newsletter be mailed by the US Postal Service, please indicate this here:    **YES** Please mail the newsletter to me via USPS

Memberships in other Organizations:    League of American Bicyclists    League of Illinois Bicyclists    Iowa Bicycle Coalition  
 International Mountain Bicycling Assoc    USA Cycling    American Bicycle Racing    Adventure Cycling Assoc    Bikes Belong  
 USA Triathlon    Rails-To-Trails Conservancy    Thunderhead Alliance    Double “P” Cycling Experience    Friends of Off Road Cycling  
 Cornbelt Running Club    Velo Sport Davenport    Other (please list here) \_\_\_\_\_

Family Members *	Birth Date	M/F	Riding Interests	I Can Help With:
			<input type="checkbox"/> Camping	<input type="checkbox"/> Advocacy <input type="checkbox"/> QC Triathlon
			<input type="checkbox"/> Commuting	<input type="checkbox"/> Annual Awards Dinner <input type="checkbox"/> Packet Stuffing
			<input type="checkbox"/> Cyclocross	<input type="checkbox"/> Bike Rodeos <input type="checkbox"/> Race Events
			<input type="checkbox"/> Duathlons	<input type="checkbox"/> Computer Work <input type="checkbox"/> RAGBRAI
			<input type="checkbox"/> Endurance	<input type="checkbox"/> Du-State-Du <input type="checkbox"/> Ride Leader
			<input type="checkbox"/> Mountain Biking	<input type="checkbox"/> Health/Fitness Fairs <input type="checkbox"/> Ride Schedule
			<input type="checkbox"/> Racing/Training	<input type="checkbox"/> Heartland Century <input type="checkbox"/> Safety/Educate
			<input type="checkbox"/> Recumbent	<input type="checkbox"/> Membership <input type="checkbox"/> Spring Picnic
			<input type="checkbox"/> Tandem	<input type="checkbox"/> Newsletter <input type="checkbox"/> Tailwind Rides
			<input type="checkbox"/> Touring	<input type="checkbox"/> QC Criterium <input type="checkbox"/> TOMRV
			<input type="checkbox"/> Triathlons	<input type="checkbox"/> QC Marathon <input type="checkbox"/> Volunteering

\* Single adult children up to 22 years old, still using their parent’s address as their primary address, may continue on their parent’s membership.

**Waiver, Consent and Release of Liability WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE THIS ORGANIZATION AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.**

**Admission of Risk and Liability Release:** In submitting this application, I acknowledge that I am assuming risks, and agreeing to indemnify, not to sue and release from liability Quad Cities Bicycle Club (QCBC) its officers, board of directors, members and volunteers, in the case of any accident, injury, or damage of any kind . I recognize that bicycling is potentially dangerous, and I represent that I am a competent cyclist with safe equipment. I understand that I participate in club activities at my own risk. I further recognize that safety is my personal responsibility and I agree to participate in keeping all QCBC rides safe as possible by wearing a helmet and obeying applicable traffic laws. I agree to hold the club (ride, event) harmless and indemnify the club (ride, event) for all costs, judgments and awards that may be claimed including the cost to defend such claims brought by you or another in your behalf or that of others.

**FOR MINORS:** Parent or Guardian must agree to this waiver:

I am the parent or guardian of the above listed Applicant, and assure QCBC that the facts and responsibilities listed above concerning my child or ward are true. By signing this form I am giving my permission for my child or ward to participate in QCBC rides, events and activities. I agree to the terms of the above listed Admission of Risk and Liability Release whose terms bind me, my child, my heirs, legal representatives and assignees. For my children not considered adequately competent to ride on city streets, county roads, state highways, shared paths, I will accompany them on club rides. If you are older than thirteen, but not yet eighteen or you are incapacitated and/or mentally challenged, please have a parent or legal guardian note their acceptance of the terms of registration by providing their initials where indicated below. If you are at least eighteen, please enter your own initials where indicated below. I understand that this Waiver and Release may be stored electronically and agree that a copy is authentic and admissible as evidence in any future dispute or proceedings. I have read, understood, and accept the agreement above. My submission of this form shall act as my legal signature.

Initials of: \_\_\_\_\_ registrant if over 18 years of age; or parent/legal guardian of minor, incapacitated, or mentally challenged person.

#### **Liability Release - Signature Required**

Individual Membership (self) \_\_\_\_\_ Date \_\_\_\_\_

Couple/Family Membership (self) \_\_\_\_\_ Date \_\_\_\_\_

Couple/Family Membership (spouse) \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian for Child <18 \_\_\_\_\_ Date \_\_\_\_\_

Please make all checks payable to: **Quad Cities Bicycle Club**

Please mail completed form to: **QCBC, Attn: Membership, PO Box 3575, Davenport, IA 52808**

Applications postmarked by the 10th of the month will be processed to insure delivery of the next month’s newsletter via e-mail, unless otherwise noted. Please visit our web site for a listing of club rides and other events at: <http://www.qcbc.org>

**Revised 9/13/10 dlm**

Quad Cities Bicycle Club  
P.O. Box 3575  
Davenport, IA 52808

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Davenport, Iowa

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## **QCBC—one of 10 biggest bicycle clubs in the U.S.**

### **COMING EVENTS**

Sept. 30—fall clean-up (page 10)  
Oct. 6—Fall Tailwind (page 9)  
Oct. 13-14—Fall Foliage Ride (page 6)  
Oct. 20—Chili Ride (page 5)  
Nov. 2—annual QCBC awards dinner (page 3)



**ALL MEMBERS ARE URGED TO WEAR HELMETS WHEN CYCLING**